

# HT 02 FITNESS CENTER





## CONCEPT 2 ROWER

### **Adaptive Rowing without leaving your wheelchair**

The Model E Concept 2 rower can easily be converted into an Adaptive Indoor Rowing Machine. Adaptive rowing is rowing for patrons with disabilities and its popularity is growing. The indoor rower can be modified to help meet the needs of adaptive patrons, making rowing accessible to a community of people with many varied gifts and abilities. Patrons will have the comfort and ease of getting on a machine that's at chair height. Just ask the friendly staff member to aid with the machine conversion.

**AS (Arms and Shoulders)** - Patrons who have minimal or no trunk function and minimal or no use of their legs. These patrons likely have poor sitting balance. AS rowers are not able to use the sliding seat and require a fixed seat adaptation for the indoor rower.

**TA (Trunk and Arms)** - Patrons who have functional use of the trunk and minimal or no use of their legs. TA patrons are not able to use a sliding seat and require a fixed seat adaptation.

**LTA-AK (Leg Trunk and Arms—Single Leg, Above the Knee Amputee)** - Patrons who have functional use of their legs, trunk and arms. They are able to use the standard sliding seat of the indoor rower and are not required to wear any supportive straps. These patrons have a single leg, above the knee amputation.

**LTA-PD (Leg Trunk and Arms—Physically Disabled)** - Patrons who have functional use of their legs, trunk and arms. They are able to use the standard sliding seat of the indoor rower and would not be required to wear any supportive straps. These patrons have one or more forms of physical disability that are not listed above including, but not limited to, neuromuscular-related ailments.

# UPPER BODY ERGOMETER CYCLES

The SciFit Pro 100 Upper Body Ergometer Cycle is perfect for the professional facility where maximum versatility of equipment is essential and is ideal for rehabilitation.



The arm ergometer is a bicycle for the upper body.

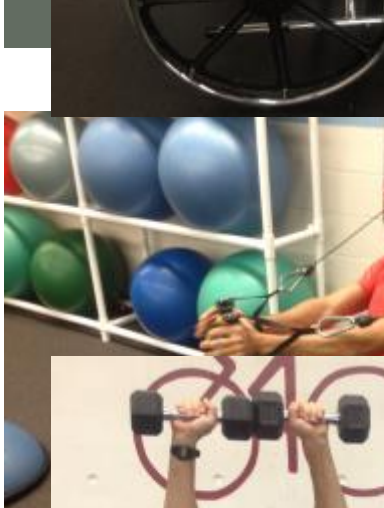
An ergometer is a special piece of exercise equipment that can be easily used by someone in a wheelchair to perform cardiovascular exercise. Because getting in a quality cardio workout is difficult when in a wheelchair, patrons can easily get their heart rate up with an ergometer so they can burn calories and help control their weight. Most ergometers also allow you to change the resistance, which helps you increase or decrease your heart rate.

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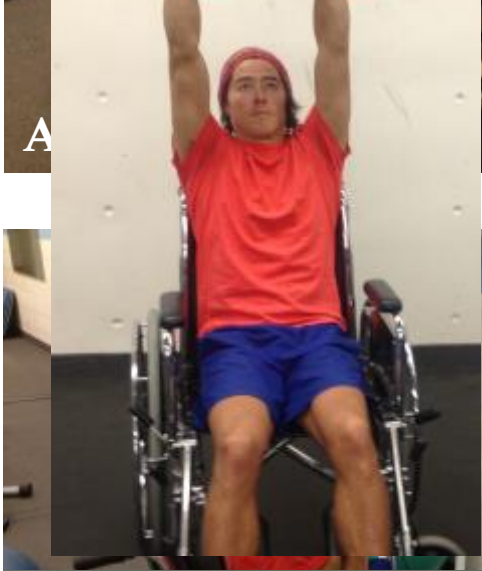
It is easily assessable from either side, with a 4 foot clearance on each side and a 3 foot clearance from behind.

# ADAPTATIONAL INTERIOR

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HT 02 is equipped with an ample free weight area. Users can easily find room to utilize dumbbells, the Smith Rack, weighted plates, benches, and bars.



# FREE WEIGHTS

## Medicine Balls

These bouncing, weighted balls are perfect for working core muscles from a seated position. Throw the ball over head or from your chest off of a wall to help stabilize your abdominal area. It is also a great tool to use for other upper body exercises.



## Elevated Table

Being at seat height, the elevated table is a great tool for users to perform weighted exercises out of their chair.



